



Spicy Chicken Tenders with Honey-Mustard

 Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cayenne pepper
- 1.5 pounds chicken tenderloins halved lengthwise
- 2 tablespoons chili powder
- 1 cup cornmeal
- 3 large eggs beaten at room temperature
- 1 cup flour all-purpose
- 0.3 cup honey
- 3 tablespoons hot sauce (recommended: Tabasco)

- 1 tablespoon kosher salt for seasoning
- 6 servings kosher salt
- 6 servings olive oil for drizzling
- 0.3 cup whole-grain mustard

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Watch how to make this recipe.
- Put an oven rack in the center of the oven. Preheat the oven to 425 degrees F. Spray a heavy baking sheet liberally with vegetable oil cooking spray. Set aside.
- Honey-Mustard: In a small serving bowl, mix together the honey and mustard until smooth. Set aside.
- Breading: In a medium bowl, mix together the flour and 1 tablespoon salt. In a second medium bowl, whisk together the eggs and hot sauce. In a third medium bowl, mix together the cornmeal, chili powder and cayenne pepper. Dredge the chicken in the flour and then into the egg mixture. Allow any excess egg mixture to drip off and coat the chicken in the cornmeal mixture. Arrange the breaded chicken in a single layer on the prepared baking sheet.
- Drizzle with olive oil and season with salt, to taste.
- Bake until golden and cooked through, about 15 to 17 minutes.
- Arrange the chicken on a platter and serve the honey-mustard alongside.

Nutrition Facts



PROTEIN **24.34%** FAT **36.45%** CARBS **39.21%**

Properties

Glycemic Index:43.3, Glycemic Load:31.2, Inflammation Score:-8, Nutrition Score:23.747391120247%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 541.36kcal (27.07%), Fat: 22.01g (33.86%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 53.28g (17.76%), Net Carbohydrates: 48.55g (17.66%), Sugar: 16.53g (18.37%), Cholesterol: 165.57mg (55.19%), Sodium: 1893.88mg (82.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.13%), Selenium: 58.05µg (82.92%), Vitamin B3: 14.19mg (70.93%), Vitamin B6: 1.15mg (57.28%), Phosphorus: 395.15mg (39.51%), Vitamin E: 3.78mg (25.18%), Vitamin B1: 0.36mg (24.12%), Vitamin B2: 0.41mg (23.82%), Manganese: 0.47mg (23.37%), Vitamin B5: 2.33mg (23.33%), Vitamin A: 1118.74IU (22.37%), Iron: 3.52mg (19.58%), Magnesium: 77.28mg (19.32%), Fiber: 4.72g (18.9%), Potassium: 660.73mg (18.88%), Folate: 66.26µg (16.56%), Zinc: 2.21mg (14.74%), Vitamin K: 12.3µg (11.71%), Copper: 0.19mg (9.53%), Vitamin C: 6.65mg (8.06%), Vitamin B12: 0.45µg (7.49%), Calcium: 45.02mg (4.5%), Vitamin D: 0.61µg (4.09%)